

Kids Yoga

after school at Cedar Mill
Spring 2026

yoga 
playgrounds

In these fun and active classes kids will stretch and energize their bodies and minds through individual and group poses, mindfulness games and creative relaxation techniques.



- * Improve focus and concentration
- * Develop strength and coordination
- * Increase confidence and self esteem
- * Learn self calming techniques
- * Get a healthy body and mind
- * Have fun!

WHO: Grades K-3
WHERE: Cedar Mill Elementary
DATES: April 2 - May 28
DAY&TIME: Thursdays 3:00-4:00
COST: \$216 (9 classes)
INFO: hello@yogaplaygrounds.com / 503-807-9720

JOIN US FOR SUMMER CAMP TOO!

REGISTER
ONLINE!



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SCAN ME